



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 3:00-4:00 Living Mentally Well</p> <p>6:30-8:00 NAMI Family Support Group (at Atascadero Wellness Center)</p>	<p>4</p> <p>10:00-11:00 Bipolar Support Group 11:00-12:00 Attitude of Gratitude 1:30-4:00 Job Club Celebration In SLO 12:30-1:30 Healthy Habits 2:00-3:00 Coping with Anxiety 3:30-4:00 Office Hour</p>	<p>5</p> <p>10:00-11:00 Lift Now Support Group 11:30-12:30 Morning Meditation 12:30-1:30 Seeking Safety/PTSD 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery</p> <p>6:00-7:30pm Veterans Support Group</p>	<p>6</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:30-1:30 July Calendar Planning 1:30-2:00 Mindful Meditation 2:00-3:00 Music Sharing 3:30-4:00 Office Hour</p>	<p>7</p> <p>Center Closed</p>  <p>June is PTSD Awareness Month</p>
<p>10</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 3:00-4:00 Living Mentally Well</p> <p>Evening Book Club 6:30-8:00pm (at Atascadero Wellness Center) A book Club for family members who struggle with mental health</p>	<p>11</p> <p>10:00-11:00 Bipolar Support Group Earthquake & Fire Drill 11:00-12:00 Morning Yoga 12:00-3:00 Galaxy Movie Day 12:30-1:30 Healthy Habits 2:00-3:00 Coping with Anxiety 3:30-4:00 Office Hour</p>	<p>12</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:00 Morning Meditation 12:00-1:00 Jewelry Making 1:30-3:00 Ambassador Training in SLO 1:30-2:30 Seeking Safety/PTSD 3:00-4:00 Dual Recovery</p> <p>6:00-7:30pm Veterans Support Group</p>	<p>13</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-2:00 Fairy Walk 2:00-3:00 Music Sharing 3:30-4:00 Office Hour</p>	<p>14</p> <p>11:00-12:00 Healthy Nutrition Tips 12:00-1:00 Women's Group 1:30-2:30 Mad Hatter Art Group 2:30-3:30 Creative Writing Group 3:30-4:00 Office Hour</p>
<p>17</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 3:00-4:00 Living Mentally Well</p> <p>6:30-8:00 NAMI Family Evening Support Group (at Atascadero Wellness Center)</p>	<p>18</p> <p>10:00-11:00 Bipolar Support Group 11:00-12:00 Celebrate June Birthdays 12:00-2:00 Thrift Store Shopping 12:00-2:00 Zen & Mandala Coloring 2:00-3:00 Coping with Anxiety 3:30-4:00 Office Hour</p>	<p>19</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:00 Music-Sophie Emmons 12:00-3:00 BBQ at Atascadero Lake Park 3:00-4:00 Dual Recovery</p> <p>6:00-7:30pm Veterans Support Group</p>	<p>20</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-3:30 Cayucos Beach Day</p>	<p>21</p> <p>11:00-12:00 Healthy Nutrition Tips 11:00-3:30 8th Annual Unity Soft Ball Game & Hot Dog Luncheon @ Minami Park in Santa Maria</p>
<p>24</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave Unit #6 3:00-4:00 Living Mentally Well</p>	<p>25</p> <p>10:00-11:00 Bipolar Support Group 11:00-12:00 Creative Writing Group 12:30-1:30 Healthy Habits 2:00-3:00 Coping with Anxiety 3:30-4:00 Office Hour</p>	<p>26</p> <p>Center Closed For Staff Training</p> <p>6:00-7:30pm Veterans Support Group</p>	<p>27</p> <p>Center Closed For Staff Training</p>	<p>28</p> <p>11:00-12:00 Healthy Nutrition Tips 12:00-1:00 Mad Hatter Tea Party 1:00-2:00 Hospice Grief Support</p>